

Caregivers Cove

Help Your Child Develop a Lifelong Habit of Activity! One of the most important things you can do as a caregiver is to help your child be healthy. You serve as a role model to your child and they will learn from your everyday habits. Try these simple steps to make a positive impact on your child's health and yours!

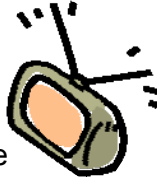
- ❖ Park farther away from the store and walk.
- ❖ When you can, take the stairs instead of elevators.
- ❖ Get the whole family into the habit of walking after dinner.
—parents and children can talk about the day while staying active.
- ❖ Let your child decide which outdoor play activities to do
—this gives them a feeling of responsibility and freedom!



Adapted from Inter Tribal Council of Arizona, Inc. WIC Program

Turn off the TV for a Healthier Family!

Too much TV, video games or computer time can cause children and parents to be less active and can lead to weight and health problems.



Try these TV busting tips with your family!

Ways to cut back on TV viewing

- Keep TV out of bedrooms
- Turn off TV during mealtime
- View only certain programs each week
- Plan other things to do
- Place TV behind closed doors when off
- Limit TV, computer & video game time
- Watch TV as a family
- Have TV free days

Instead of watching TV

- Ride bike
- Do a craft
- Play board games
- Go for a walk
- Play catch
- Read a book
- Create a play
- Play together as a family



Make your own family fun!

- Have your own nature show
—take children to the zoo
—go outside, identify trees, birds etc.
- Instead of watching sports teams:
—form your own family team
- Encourage kids to make up or read stories and then act them out
—include dress-up, music, and let kids create tickets to their show.

Quick Meals for Busy Families

Mixed Vegetable Casserole

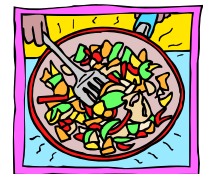
- 1 package frozen mixed vegetables
- $\frac{3}{4}$ pound hamburger
- 1 medium onion, chopped
- 1 can tomato soup
- 1 package oven ready biscuits
- Salt and pepper to taste



1. Preheat oven to 400°F.
 2. Cook mixed vegetables as shown on label directions.
 3. Brown hamburger and onion; add soup.
 4. Mix all ingredients together and place in greased casserole dish with biscuits on top.
 5. Bake for 15 to 20 minutes.
- Makes 6 servings

Taco Rice Skillet

- 1½ pounds ground meat
- 1½ cups uncooked rice
- 4 cups water
- 1 cup chopped onion
- 3 to 4 teaspoons chili powder
- 3 cups chopped tomatoes (fresh or canned)
- 2-3 cups shredded cheese
- 1½ cups shredded lettuce



1. Brown ground meat in a large skillet. Drain fat. Return meat to pan.
 2. Add rice, water, onion, chili powder and tomatoes to skillet. Simmer over low heat until rice is cooked, about 25 minutes.
 3. Portion meat/rice mixture onto plates. Sprinkle with cheese. Place lettuce over top. Serve with salsa, if desired.
- Makes 8 servings



Wellness Nutrition Fun Facts

For WIC Families

July/August 2007



Celebrate World Breastfeeding Week August 1-7th

Making Milk Is Easy

10 Steps to Make Plenty of Milk

1. **Frequent nursing, not formula.** The more often you nurse, the more milk you make. If you give formula, your baby will feel too full to nurse often.
2. **All you need is breastmilk!** The American Academy of Pediatrics recommends that your baby have a diet of *purely breastmilk* for the first 6 months —no other food or drink is needed.
3. **Feed early and often.** Feed at the earliest signs of hunger: if baby is awake and sucking on hands, moving his mouth or eyes, or stretching.
4. **If he didn't swallow, he didn't eat.** Listening for the sound of swallowing will help you know if your baby's getting enough.
5. **Go everywhere!** Plan to take your newborn everywhere with you for the first several weeks.
6. **Don't wait to ask for help, if you need it.** If you wait too long to get the help you need, it may be harder to breastfeed. Stick with it — it's worth it!
7. **Say "No" to pacifiers and bottles for the first month.** If pacifiers and bottles are used when your baby is hungry, you may not be nursing often enough to make plenty of milk.
8. **Sleep near your baby and nurse lying down.** You can rest while you feed your baby!
9. **Have baby's mouth open wide like a shout, with lips flipped out.** The tip of your nipple should be in the back of his throat. He should be directly facing you, chest-to-chest, chin-to-breast. Proper position prevents sore nipples.
10. **Watch the baby, not the clock.** Feed your baby when she's hungry, and switch sides when swallowing slows down or she takes herself off the breast.

Information from Massachusetts Breastfeeding Coalition <http://www.massbfc.org/>

Fast and Healthy Family Meals

It's 4 p.m. You're running in ten directions! You need to pick up your child at day care, stop at the store, and run several errands. How do you put a healthful supper on the table, too?



Plan ahead and try these meal timesaver tips for family meals!

- **Keep meals simple!** Food that is healthy for your family can be quick to fix. Unless it's a special occasion, spend time together, not on making time-consuming meals!
- **Cook when you have more time** – maybe on weekends. Make soups, stews, or casseroles to freeze for the next week.
- **Do some tasks ahead** – a few hours or the day before your meal. Wash and trim vegetables or make fruit salad. (Your child can help.) Cook noodles for pasta salad. Cook lean ground meat for tacos.

Three Quick-To-Fix Family Foods

- **Hearty soup:** Add canned or frozen vegetables to tomato or chicken soup.
- **Pasta dish:** Mix chopped lean ham or deli meat, and cooked vegetables into macaroni and cheese.
- **Hearty stuffed potato:** Serve homemade or canned chili over a baked potato or rice.
- **Your ideas:**



Information from **Nibbles for Health 11** - Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service